THE

WATER-CURE JOURNAL

AND

HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

VOLS. XVII. AND XVIII.

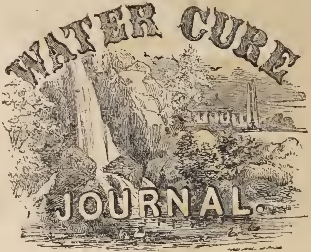


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We labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow men. Health of Body and health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

WATER-CURE JOURNAL

to proclaim and hasten the advent of UNIVERSAL HEALTH, VIRTUE AND HAPPINESS. We ask all who love their brothers and sisters of the Human Family to aid in this work, by becoming co-workers with us in the great cause of Hydropathy.

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Index to Volume 17, for 1854.

Illustrations of Volume 17, for 1854.

Index to Volume 18, for 1854.

Illustrations of Volume 18 for 1854.